

Take the Ride of Your Life
American Diabetes Association®
Tour de Cure®

2009 Tour de Cure – We need you now!

The Tour de Cure is the premier cycling fundraising event of the American Diabetes Association (ADA) and the nation's largest diabetes cycling event. We need you to get involved, it is as simple as doing one or more of the following:

1. Create a Team or join an existing team to ride on May 16th.
2. Donate to someone's existing Team
3. Volunteer for the event. There are so many ways to show your support for Tour De Cure, don't hesitate to come and be involved.

Call me today, Nancy Rutstein, 206 282 4616 ext. 7204 or email nrutstein@diabetes.org

This year's Tour will take place on Saturday, May 16, with all routes starting and finishing in Marymoor Park. Challenging and fun, the Tour provides avid and recreational cyclists alike with a meaningful opportunity to raise money for diabetes research and education. Participants have a choice of routes that vary from a family-friendly 15-mile(or less) course to more hilly and demanding 20, 45, 70, or 100-mile "century" rides.

You can register for this year's Tour by going to www.diabetes.org/tour, select Washington State from the drop down box, then click on Redmond and click on **CREATE A TEAM** to start your own team, or **REGISTER AS AN INDIVIDUAL**. Use the promotional code **TOUR2009** and you can register for \$15.

Join the Tour de Cure as a Red Rider!

The purpose of Red Riders is to support everyone who lives with diabetes and showcase the courage it takes to live every day with this diabetes – type 1 or type 2. Red Riders are ANY participants in Tour de Cure who are living with diabetes. If you have diabetes and participate in Tour – you are a Red Rider! Each rider will receive a Red Rider jersey (see below) at no cost to them. We want each Red Rider to be visible to each other and other riders on the course!

